

How To Pack Your Swim Bag

Every swimmer needs 2 bags, one to hold equipment (that can get wet) and another to hold everything else they will need for practices and meets.

Practice

- Equipment Bag (see *How To Pack Your Equipment Bag*)
- Practice Suit – competitive suits (Sr. 2 & 3 need 2 suits or a practice and drag suit)
- 2 swim caps ****NO TIE BACK SUITS PERMITTED****
- 2 goggles
- Water (label with name and glass is prohibited)
- Towel

Dual Meet

- Team suit – required
- Team shirt - required
- Team cap – required
- 2 goggles
- Water, G2 Gatorade (or regular Gatorade diluted with water)
- Towel
- Pool shoes – *optional*
- Healthy snack
- Marker to capture events/heats/lanes

Invitational Meet / Championships

- Team suit (or Tech suit for championships 13/overs only)
- Team shirt
- Team cap
- 2 goggles
- Water, G2 Gatorade (or regular Gatorade diluted with water)
- Towels (good to have extra)
- Pool shoes
- Extra clothes
- Healthy snacks
- Marker to capture events/heats/lanes
- Blanket/Chairs (refer to Meet Info. Sheet if permitted)
- Activities (books, cards, etc.)